

# Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

## 2014 FALL Session- LAND EXERCISE CLASSES

Registration starts on Monday, July 21<sup>st</sup> at 8:00 am

Check website for class descriptions. All classes are 1 hour (unless otherwise noted.)

Monday	Tuesday	Wednesday	Thursday	Saturday
9:30 a.m.: <b>Fit &amp; Fabulous Seniors</b> \$45.50 (45 mins.)	9:00 a.m.: <b>Pilates</b> \$41.00 (45 mins)	9:00 a.m.: <b>Pilates</b> \$50.00 (45 mins)	9:00 a.m.: <b>Senior Wake up &amp; Dance</b> \$35.00 (30 mins)	9:15 a.m.: <b>SPINNING</b> \$65.00 (45 Min.)
9:30 a.m.: <b>Tai Chi</b> \$59.00	10:00 a.m.: <b>Healthy Back</b> \$53.00	10:30 a.m.: <b>Fit &amp; Fabulous Seniors</b> (45 mins.) \$50.00	10:00 a.m.: <b>Healthy Back</b> \$65.00	
10:30 a.m.: <b>Yoga</b> \$72.50 (1 hr., 15 min.)	12:15 p.m.: <b>Core &amp; Stretch</b> \$29.00 (30 Min.)	12:15 p.m.: <b>Lunch Time Dance Party</b> \$35.00 (30 min.)	12:15 p.m.: <b>Intense Body Transformation</b> \$35.00 (30 mins)	
5:30 p.m.: <b>SPIN-CAMP</b> 1 hr, 15 mins (½ hr Spinning + 45 min Boot Camp) \$72.50			4:30 p.m.: <b>Yin Yoga</b> \$65.00	Personal training available for all facility members. Please contact David Graziosi for more information.  dgraziosi@nassaucountyny.gov 516-572-0520
7:00 p.m.: <b>EXTREME CONDITIONING</b> \$59.00	7:00 p.m. <b>ZUMBA</b> \$53.00	6:45 p.m.: <b>SPINNING</b> \$65.00 (45 Min.)	5:30 p.m.: <b>Yoga</b> \$65.00	
7:00 p.m.: <b>Triathlon Training</b> Day 1 of 2 \$176.00 (1 hr, 30 mins)		7:00 p.m.: <b>EXTREME CONDITIONING</b> \$65.00		
		7:45 p.m. <b>Boot Camp</b> \$65.00	7:00 p.m.: <b>Triathlon Training</b> Day 2 of 2 (1 hr, 30 mins)	

Classes will be cancelled if enrollment numbers do not meet at least half the full class size.

DATES		
<b>Mon.:</b>	Starts: 9/8- Last Class: 11/10	9 weeks (no class 10/13) (unless otherwise noted on the indiv. class)
<b>Tues.:</b>	Starts: 9/9 - Last Class: 10/28	8 straight weeks (unless otherwise noted on the individual class)
<b>Wed.:</b>	Starts: 9/10 - Last Class: 11/12	10 straight weeks (unless otherwise noted on the individual class)
<b>Thurs.:</b>	Starts: 9/11 - Last Class: 11/13	10 straight weeks (unless otherwise noted on the individual class)
<b>Sat.:</b>	Starts: 9/13 - Last Class: 11/15	10 straight weeks (unless otherwise noted on the individual class)
<b>Note:</b> a \$5.00 non-refundable registration fee is included in the price of each class		



NASSAU COUNTY EXECUTIVE  
**ED MANGANO**